SPECIAL MESSAGE: Effective immediately all classes will be held online according to the online schedule until further notice.

The easiest way to manage your classes is to create an account when you sign up for your classes at <https://app.punchpass.com/org/365/calendar> . Please note that you may easily find this link on our website at [www.baila-comigo.com](http://www.baila-comigo.com) . You may also purchase classes securely online. In these uncertain times I have decided to continue our Anniversary sale until we are able to be back in the studio. Please use code BC7YEARS at checkout to receive 10% off all prepaid classes (5, 10, or 20 classes), memberships, gift certificates, and MYZONE items.

You may now sign up for classes 7 days in advance. Please remember to cancel your class if you are unable to attend because your prepaid classes with be used if you are signed up when class begins. Make sure you have a strong Wi-Fi connection when you begin class. I will email you a link about 15 minutes before class begins. At about 10 minutes before class I will begin our session and you may turn on your video and sound to chat and socialize. Instead of practicing social distancing I feel we should practice physical distancing. Of course turning on your video and sound is completely optional.

Once you begin the session please look for my screen that shows the studio with the mirrors. On your computer you want to “pin” this screen by hovering over it and clicking the 3 dots that appear in the top right corner. From there you may select “pin it”. On your smartphone you just have to swipe right to toggle between the screens. You will also see a screen of my side view that you may reference for form.

I will be at the studio tomorrow morning, Sunday, March 22nd, from 10am to 11am if you would like to come in to pick up your sneakers, Toning Sticks, and/or if have any questions or concerns. Also please note that I will teach Zumba Toning in place of Zumba Step while we are online.

If you have any challenges with going online please reach out to me. I will do everything I can to help you. You may call/text me at (413)563-2455 or email me at [anaferris@charter.net](mailto:anaferris@charter.net) .

If you are signed up for an in studio class, I will automatically switch you to online classes. If you prefer to be removed please let me know.

This morning I learned that COVID-19 is presently in Ludlow. The only way we can care for our loved ones is to take care of ourselves first. I have spent all week getting our online platform to meet my standards. I still have work to do but I feel confident with providing a viable outlet for you during this uncertain time.

See you on the web. Stay safe my friends!

Ana